

# *Punahou Aquatics Handbook*

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## Welcome to Punahou Aquatics

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PUNAHOU AQUATICS (PAQ) is a year-round competitive swim team that offers a structured swimming program for children and young adults. PAQ's program includes a full schedule of practices for swimmers from novice to senior levels, participation in local HAWAIIAN SWIMMING meets, as well as regional and national swim meets, and social functions for swimmers and their parents.

PUNAHOU AQUATICS is a member club of USA SWIMMING, the national governing body for amateur competitive swimming in the United States. By joining PAQ, your child also becomes a member of a national organization of 59 Local Swim Committees (LSC's), 2,500 swim clubs, 220,000 registered athletes, and 20,000 non-athlete members.

PUNAHOU AQUATICS' program is divided into two sections. The "wet" (swim practices, meets, etc.) program is the responsibility of the Head Coach assisted by a staff of Assistant Coaches. The "dry" (administrative) functions of the team are overseen by a Board of Directors and Committee Chairpersons. All board and committee members are parent volunteers who donate their time and efforts toward providing a complete competitive swim program.

This handbook is designed to provide you with information to help you and your child participate in a rewarding swimming experience with PUNAHOU AQUATICS. Please ask questions of your coaches and fellow parents. We all have the same goal: to provide your child with the best possible swimming program.

## **BENEFITS OF SWIMMING**

The sport of swimming has many benefits. Participants in an organized swim program develop many life skills, learn about themselves, and make new and lasting friendships, all while improving their athletic skills and fitness in a healthy environment.

Possibly the greatest benefits of participating in an organized swim program are the life skills your child will develop. These skills include time management, self-discipline, and sportsmanship. Your child will reap the benefits of swimming long after his/her participation ends. Most swimmers go on to be very successful and productive adults due in part to what they gained from swimming. Swimming provides the opportunity for children to learn about themselves while enjoying the sport. Competitive swimming allows swimmers to experience success and to learn how to deal with defeat. Participation in the sport over an extended period teaches swimmers about the rewards of commitment and hard work. Camaraderie among swimmers is unique. A great reward of age group swimming is the people you and your child will meet. Many swimming buddies become lifelong friends.

## **PAQ's Team Philosophy**

PUNAHOU AQUATICS is a year-round, competitive swimming program whose team philosophy is based on Participation, Achievement, and Quality. We have developed a program that involves a planned progression of excellence that demands dedication and self-discipline. We believe that each athlete will reap the invaluable long-term benefits from a total commitment to excellence, whether he or she decides to make a career out of swimming or not. Although swimming is often thought of as an individual sport, an important aspect of swimming is being a part of the "team." Athletes gain much by contributing to the success of the team and each athlete's contribution is important to team cohesiveness. This includes consistent attendance at practices and active participation in meets and other team activities. Inconsistent practice attendance affects a swimmer's entire group's progress; members of a cohesive practice group tend to work harder and with more enthusiasm, and thus, the entire group progresses more quickly. A cohesive team is a more successful team, and a successful, cohesive team provides each swimmer with greater support for his or her individual efforts.

## **Team and Individual Goals**

To help the team and each swimmer achieve the highest possible success, we set high goals and work toward those goals every day, year after year. These involve both team and individual goals. Team goals include a maximum number of swimmers participating in designated "team effort meets" throughout the season and building a supportive team environment based on the team philosophy. Individual goals include a minimum standard of attendance for each practice group as well as participation in the highest level meet for which a swimmer has achieved qualifying times.

Individual swimmer goals will vary from swimmer to swimmer and from year to year as a swimmer grows and develops and fine-tunes his or her swimming skills.

Swimming at the youngest levels should be fun, exciting, and relatively pressure-free. Remember that a sport is not an end in itself; it is a vehicle to teach children skills to reach their potential in life. Younger age group swimmers are learning and growing at a greater rate than at any other time in their swimming careers. Many children improve rapidly and it is not unusual to see big time drops during this phase. It is difficult to avoid the tendency to push young athletes at this stage. Although a child of eleven or twelve can handle the physical demands of serious water training, our coaches feel that the workload should not be great until the child reaches

puberty. The emphasis should be placed on improving younger swimmers' stroke technique. Many swimmers train for more than ten years during their careers.

Goals and expectations for older and more advanced swimmers require a greater commitment of both time and effort. As swimmers move to higher levels, this may often require that a swimmer make decisions about his or her swimming career and choose between activities. We believe that this process is also an important part of the learning experience about commitment and dedication. Many swimmers are teased about the number of hours they put into practices and meets, but these comments are always tinged with a great deal of awe and admiration, and dedicated swimmers are always recognized for their great "work ethic."

## **The Parents' Role**

As parents of athletes involved in a competitive sport, your major responsibility is to provide a supportive environment. While the coach's job is to motivate and constructively criticize a swimmer's performance, it is the parent's job to supply the love, recognition, and encouragement that will make your child want to work in practice, to give them the confidence to perform well in competition, and most importantly, to give them the desire to continue swimming. The simplest way to do this is to show your interest, ensure your child's attendance at practices, and come to meets to cheer your child on.

Parents serve as role models and their attitudes are often emulated by their child. Be aware of this and strive to be a positive role model. Show good sportsmanship at all times toward the coaches, officials, opponents, and teammates.

Let the Coach coach! Conflicting messages and advice can be confusing and counter-productive. Remember that your child is the swimmer. He/she needs to establish his/her own goals. Not every swimmer becomes a world record holder, but everyone gains from his/her swimming experience.

## **Parent Participation**

Supporting your child in swimming can be a most rewarding experience, and your child's experience in swimming will be enhanced by your positive support. USA SWIMMING and PAQ provide the opportunity to show that support in many ways, ranging from participating in team organization and the day-to-day functioning of the team to volunteering to time at meets or becoming a trained USA SWIMMING swim official. This handbook provides information about many swim meet jobs, and from time to time, the team will ask for your help with committee work, fundraising, organizing social events for the swimmers, and other activities essential to the operation of the team. We invite you to actively support your child's competitive swimming efforts.

A word about fundraising. PAQ strives to hold down monthly dues by supplementing income through fundraising activities. Each family is asked to help with fundraising activities that will be announced from time to time.

## **PAQ Members' Responsibilities**

PUNAHOU AQUATICS prides itself on maintaining an exemplary reputation in both the local and national swimming community. Members of PUNAHOU AQUATICS, both swimmers and parents, are expected to conduct themselves in a manner that will contribute to maintaining that reputation. Each swimmer and his or her parents are required to sign a *Participation Contract and Honor Code* that outlines the team's expectation for members.

PUNAHOU AQUATICS is an independent organization and not a part of Punahou School; we are guests on campus. The club, including all swimmers and parents, has an obligation to act as such while on campus. Every member of the club needs to do everything possible to respect the privilege of having the use of one of the finest and fastest pools in the state. Any damage to school property will be the financial responsibility of the parent(s) of

the involved team members. Please be aware of this and observe school regulations and the instruction of the security staff at all times.

## Facilities

**Facilities:** Showers, changing facilities, and bathrooms are located at the mauka, Ewa end of the pool. Additional bathrooms are located in the locker rooms. Please note that the lockers and locker room facilities are for the use of Punahou School students and faculty only. The school's snack bar and vending machines are open to visitors.

**Parking:** Please follow the posted parking regulations. Although numbered parking stalls are technically always reserved, parking in numbered stalls is generally allowed after 3:00 p.m. During the school day, visitors to campus may park in the visitor stalls located on the makai side of the Sullivan Administration Building and in other visitor parking areas on campus. A security guard is usually stationed past the main gate on Chamberlain Drive to provide instructions and help.

## Communication

The calendars of swimmers and their families are usually quite full. In order to keep you updated on team information and activities, several methods of communication have been established.

- ✓ **E-mail:** This is the quickest and easiest way to communicate information to the large number of PUNAHOU AQUATICS members. Please check your e-mail frequently.
- ✓ **Hand delivery to swimmers:** Meet notices and meet entry confirmations and other notices will be given to your swimmer to deliver to you. Please make sure your swimmer delivers the mail!
- ✓ **PAQ webpage:** The team website is [www.angelfire.com/hi5/punahouaquatics/frontpage.html](http://www.angelfire.com/hi5/punahouaquatics/frontpage.html). This is a good resource for team and meet information.
- ✓ **Team bulletin boards:** the bulletin boards at the pool provide meet information, including meet entries and results, photos, and other information of interest.
- ✓ **Newsletter.** We are considering distributing a periodic newsletter this year. Comments from swimmers and parents regarding this proposal are welcome. Contact the team president.

Occasionally, all fails. Please, if you feel out of touch, send a note or e-mail, call, or come to the pool. Questions, concerns and suggestions are always welcomed.

## The Skills

The four competitive strokes are freestyle, backstroke, breaststroke, and butterfly. In freestyle events, the competitor may swim any stroke he wishes. The usual stroke is the crawl, which is characterized by the alternate overhand motion of the arms and an alternating up-and-down flutter kick.

In the backstroke, the swimmer must stay on his back except when turning. The usual stroke consists of an alternating motion of the arms with a flutter kick.

The breaststroke is perhaps the most difficult stroke to master. It requires simultaneous movements of the arms on the same horizontal plane. The hands are pulled from the breast in a heart shaped pattern and recovered under or over the surface of the water. The kick is a simultaneous somewhat circular motion similar to the action of a frog. No flutter, scissors, or dolphin kick is permitted. On turns and at the finish, the swimmer must touch the wall with both hands simultaneously.

The butterfly is the most beautiful of the strokes. It features a simultaneous overhand stroke of the arms combined with an undulating dolphin kick. In the kick, the swimmer must keep both legs together and may not flutter, scissors, or use the breaststroke kick. The butterfly was developed in the early 1950's as a variation of the breaststroke. It became an Olympic event in 1956.

The individual medley, commonly referred to as the "IM", features all four strokes. In the IM, the swimmer begins with the butterfly, then changes after one-fourth of the race to the backstroke, then breaststroke, and finally, freestyle.

Relays: The medley relay consists of a team of four swimmers, each of whom swims one of the four competitive strokes. The first swimmer swims backstroke, the second swimmer breaststroke, the third butterfly, and the final swimmer, the freestyle. The freestyle relay event consists of four freestylers, each swimming one quarter of the total distance of the event.

Starts and turns: Many races are won or lost by the swimmer's performance at the start or in the turn. At the start, the swimmer is called to the starting position by the Starter, who visually checks that all swimmers are motionless. On the standing starts (freestyle, breaststroke, and butterfly), the swimmer must start with at least one set of toes at the front of the block. Backstroke races are started in the water with the swimmer's toes completely underwater. A swimmer may not curl his toes over the gutter. When all the swimmers are set, the gun or starting beeper is sounded to start the race. If the starter feels that one of the swimmers has moved, left early, or received an unfair advantage, the swimmer will be charged with a false start.

## The Competition

The swim year is divided into two seasons. In Hawaii, the "short course" season runs from September through December. The course swum at these meets is generally 25 yards or 25 meters in length. The "long course" season runs from January to June and the course is 50 meters.

USA SWIMMING provides competition at several levels, including local and regional age group swimming, Senior swimming, which includes national level meets, and Masters swimming. Age group swimming is designed to encourage maximum participation, provide an educational experience, enhance physical and mental conditioning, and develop a rich base of swimming talent. Each swim meet offers a variety of events and distances, depending on the swimmer's age group and classification. Nationally recognized age groups are 10

and under, 11-12, 13-14, 15-16, 17-18, and 15-18. Locally, Hawaii swimming meets also include events for 8 and unders.

Within each age group, there are different locally and nationally recognized levels of achievement based on times. In Hawaii, swimmers 12 and under begin as “Hawaii C” swimmers. As they improve, they advance from “C” to “Hawaii B”, “Hawaii A”, and above. For swimmers 13 and older, there are no Hawaii “C” and “B” classifications, so swimmers begin as “Hawaii A” and advance from there. A swimmer’s classification in any given stroke and distance is based on his or her “best time” swum to date during the current swim year. In most cases, a swimmer will be in different classes in different strokes and at different distances. The time standards required for each ability level are set each year by HAWAIIAN SWIMMING, the Hawaii LSC (Local Swim Committee), which is the governing body for USA SWIMMING in Hawaii. Besides the “Hawaiian Time Standards”, there are also other sets of time standards that govern national level meets. These are set by USA SWIMMING. All these time standards are designed to provide and permit fair, yet challenging competition on all levels. A more detailed explanation of these time standards and the time standards for this year are included in this handbook.

Hawaii and USA SWIMMING meets include the following:

- **Classified Meets** - Swimmers of all ages and levels may participate in classified meets and awards are given for the different classifications (C, B, A, etc.). There are, however, certain time standard requirements set for a classified meet. For instance, a 12 and under swimmer must have achieved an A time in the 50 yard/meter distance of a stroke in order to swim the 100 yard/meter distance in that stroke, a 13 and over swimmer must have achieved an A time in the 100 yard/meter distance of a stroke in order to swim the 200 yard/meter distance in that stroke, a 12 and under swimmer must have achieved an A time in the 50 yard/meter distance of one of the four strokes in order to swim the 200 yard/meter individual medley, and a 13 and over swimmer must have achieved an A time in the 100 yard/meter distance of one of the four strokes in order swim the 400 yard/meter individual medley.
- **Qualification Meets** - These meets have some type of qualification time standard that a swimmer must meet in order to enter the meet. Meets are offered on various levels, including Hawaii ABC only, Hawaii AA+, Invitationals, etc.
- **State Championships** - At the end of each season (short course and long course), a State Championship Meet is held under the auspices of HAWAIIAN SWIMMING, which sets the qualifying time standards for these championship meets.
- **Zone Championships** - In August, a regional championship meet is held for the western United States, called the Western Zone Championships. Swimmers who qualify may elect to participate in this all-star meet as a member of Team Hawaii. The location of this meet varies from year to year.
- **USA SWIMMING Sectional Championships** - Held twice a year, once during short course season and once during long course season, Sectionals is national level team championship competition. The nation is divided into 13 sections. Hawaii competes in section 12, along with Oregon, Washington, and Alaska.
- **USA SWIMMING National Championships and Olympic Trials** - Among the highest levels of achievement swimmers strive for is qualifying for participation in the USA SWIMMING National Championships, also referred to as Senior Nationals, and the Olympic Trials. By their performance at the National Championships, swimmers can qualify for national teams that represent the United States in international competition. Every four years, long course Senior Nationals is replaced by the Olympic Trials. Top finishers in this meet qualify to represent the United States at the Olympic games.



## Meet Participation

PUNAHOU AQUATICS is a competitive team and it is expected that PAQ swimmers will participate in meets available at their appropriate level. Selected meets are designated by the coaches as “team effort” meets and swimmers are expected to participate. These will be discussed at the Parent Meeting and with the swimmers during team and individual goal meetings. A schedule of the meets to be held during the current swim year is included in this handbook so families may plan accordingly.

## Equipment: What You'll Need

- **Practice suits:** Suits worn during practice sessions or workouts are generally made of nylon. These suits should be loose fitting, and many swimmers train with several suits for the purpose of creating drag.
- **Competition suit:** A team racing suit should be worn for competition. This suit, usually lycra, is usually 2 to 3 sizes smaller than the practice suit to reduce resistance. Competition suits should be saved for competition, as they are usually more expensive than practice suits.
- **Cap:** A cap should be used during practices and races to cut down on resistance and to protect the swimmer's hair from the effects of chlorine. A PAQ cap must be worn at meets.
- **Goggles:** Goggles should be worn during practices and competition to enhance vision and protect eyes from the effects of the chemicals in the water.
- **Other equipment:** Kick boards, pull buoys and other workout devices are provided by the team to isolate and work on specific swimming skills.
- **Team uniform:** PAQ's competition uniform includes the PAQ competition suit and PAQ cap. A complimentary uniform is provided to each swimmer when he or she joins the team for the first time. Replacement or extra suits and caps may be purchased from the team.
- **PAQwear:** PAQ competition suits, swim caps, t-shirts, goggles, and other team apparel and equipment are available for purchase at the pool office. Practice suits, sweats, parkas, team shorts, and other items are offered from time to time by special order. Ask the coaches for help with equipment before or after practice. Please do not disturb the coaches during practices with requests for equipment. Purchases must be paid for by cash or check.

(Excerpts taken from the United States Swimming Parent Handbook)

**Coaching Staff:**

<b>Head Coach:</b>	Ben Douglas
<b>Assistant Coaches:</b>	Kenny Chew
	Joe Glenn
	Lisa Lee
	Katie Seall

<b>Practice Times:</b>	<b>Age Group Red</b> (Lisa)	3:00 p.m. – 4:00 p.m. M-F
	<b>Age Group Blue</b> (Katie)	3:00 p.m. – 4:00 p.m. M-F
	<b>Age Group Silver</b> (Katie)	3:00 p.m. – 4:00 p.m. M-F
	<b>Age Group Gold</b> (Ben/Joe)	3:00 p.m. – 4:00 p.m. M-F
	<b>Senior Development</b> (Katie)	*See below
	<b>Senior Level 1</b> (Kenny)	*See below
	<b>Senior Level 2</b> (Ben/Joe)	*See below

\*Practice times for these groups will vary, depending on the high school sports seasons (which determine the times that PAQ is permitted to use the pool after 4:00 p.m.).

**Arrival and pickup:** Swimmers should arrive 10 to 15 minutes prior to practice time, change, get their equipment, and be ready to get into the water promptly at the beginning of practice. Swimmers should plan to stay for the entire practice. Beginning warm-up and the last portion of practice are as important as what comes between. Often, important announcements are made at the end of practice. In the event that your child needs to be dismissed early from practice, a note from the parent is required. For their protection, swimmers should arrive no earlier than 15 minutes before their scheduled practice time and be picked up promptly, no later than 15 minutes after their practice session ends. This is especially important during vacation periods and after school hours when fewer people are on campus. Be sure that swimmers wait to be picked up in well-lit, populated areas.

**Preparation for practices:** Each swimmer is responsible for being properly equipped for practice. This includes being properly attired (suit, goggles, cap, etc.) and properly equipped (water bottle, sunscreen, etc.) Missing or improperly adjusted equipment are not acceptable excuses for missing a part of a practice session. Asking a coach to adjust goggles or put on caps or sunscreen during practice takes practice time away from the entire group.

**Practice Schedule Changes:** Generally, practices that conflict with swim meets will not be held, with the exception of Senior swim meets. Regular practices will be held on Senior meet days. During the summer and at other times during the year, PAQ must adjust its practice schedule around Punahou School's use of the pool. Each coach may also adjust his group's practices to fit a specific training plan, including adding holiday and vacation practice. Schedule changes will be announced at practice and via e-mail communication.

**Holidays:** The team's holiday schedule will follow Punahou School's calendar unless otherwise announced.

**Summer Schedule:** PAQ's summer practices are adjusted around Punahou School's summer program. A summer schedule will be announced in the spring.

**Attendance requirements:** Attendance requirements vary from group to group. As a rule, the least possible interruption in the training schedule will produce the greatest amount of success. As a swimmer advances to a higher level group, more frequent attendance is expected. Swimmers will discuss their goals with the coaches to determine the optimum attendance schedule. Attendance is taken daily and evaluated. An unexcused absence of two weeks will be noted and communicated to the swimmer's parent. Because pool space and membership slots are limited, a swimmer who is habitually absent may be dropped from the team.

**Absences:** Planned absences from both practices and swim meets should be communicated to PUNAHOU AQUATICS in writing or by calling the pool. Because most swimmers come to practice directly from school, unaccompanied by a parent, it is difficult for both parents and coaches to monitor a swimmer's attendance. Swimmer and parent cooperation in communicating with the team is essential to ensure that each swimmer is benefiting fully from the swim program. Parents whose swimmers are absent from practice for an extended period without communicating with the coach will receive a notice of absence.

**Observing Practices:** Parents, siblings and guests are asked not to be on the pool deck or interrupt the coaches and swimmers during practices, except in case of emergency. This also applies to swimmers at times other than their designated practice time. Parents are welcomed to observe practice from the stands. Please be considerate and avoid communicating with any swimmer from the observation area, as this is distracting to the coach and the entire group.

**Valuables:** Valuables should not be left unattended on the pool deck or in the bathrooms and changing facilities. Check with the coaches for lost and found items.

## Meet Needs

PAQ competition suit, PAQ cap, goggles, several towels, baby powder (to dust inside of swim cap). A change of clothes such as sweats or other warm clothing; it can get chilly at meets, or a swim meet can start out cold and end up very warm as the day progresses. Snacks or lunch, something to sit on (beach chair, blanket, sleeping bag) and games, cards, a book, or other things to pass the time between swims. Most importantly, sun protection, including sunscreen, hat, sun glasses and lots of liquids. Even under a tent, it is easy to get dehydrated sitting in the heat over a long period of time.

## Meet Entries

A list of meets for this swim year is included in this handbook. Meet dates, times and locations are subject to change. Watch for meet notices and e-mails for updates, corrections and changes. The website for Hawaii swimming ([www.hawaiiswim.org](http://www.hawaiiswim.org)) has the most current information. Swimmers should reserve the dates of the meets appropriate to their level of swimming. Meet entries are submitted through the club, usually one to two weeks in advance of the meet. The team pays for meet entry fees for each swimmer and all relays.

Notice of an upcoming meet is sent by e-mail to parents and by a slip given to the swimmer at practice two to three weeks prior to the meet date. Parents are expected to reply as soon as possible, indicating whether their child will be able to attend the meet. If there is no response by e-mail or slip, it will be assumed that the swimmer will not attend the meet and the swimmer will not be entered in the meet. Approximately one week before the meet date, a confirmation sheet will be distributed to the swimmers confirming their entries and providing meet details. Check backpacks often during this time and ASK if a meet notice fails to appear. Meet information updates and corrections will also be sent by e-mail. If a swimmer's plans change, the swimmer's coach should be notified immediately. Once entries are submitted to the host team, entry fees cannot be refunded.

While swimmers and parents may indicate a choice of events in which the swimmer would like to be entered, the coaching staff reserves the right to make the final decision concerning meets a swimmer may attend and events entered. This is especially true of "team effort meets" such as state championships and invitationals where team standings are scored. As a rule, swimmers are expected to compete in all meets that are appropriate to their level of ability.

Relays: relays are usually the liveliest events at swim meets and are swimmer favorites. Relay swimmers must be responsible. It is a great disappointment for the swimmers whose relay is scratched because their 4th swimmer is a no-show. Relay entry fees are also costly and are forfeited for relays not swum.

## Swimmer's Meet Procedure

➤**Be prompt:** Arrive at the pool at least 15 minutes before the team's scheduled warm-up begins. Upon arrival, look for the coaches and other PAQ swimmers. The team usually sets up a team area and tent.

➤**Check in:** Upon arrival, find a PAQ coach and make sure that he or she checks you "in." If you've forgotten your meet notice, copy down your event numbers. Swimmers who fail to check in are scratched from the meet and will not be able to swim.

➤**Warm-up:** Report to the coaches for warm-up on time and ready to swim.

➤ **Heat and lane assignments:** Event and heat lists called “heat sheets” are posted in designated areas shortly before the meet begins. It is your responsibility to check the sheet for your assigned heat and lane for each swim and to report to the proper lane when swimmers for the event are “called.”

➤ **Pay attention** and listen for announcements.

➤ **After the race**, ask the timers for your time. Report immediately to your coach and give him your time. Your coach will usually want to discuss your swim with you.

➤ **Check out** with your coach before you leave for the day. There may have been changes in the relay lineups and you may be needed to swim a relay.

## **Swimmers**

Good sportsmanship at a meet is as important as your swimming performance. A swimmer who displays good sportsmanship is a champion, whether he/she has a good swim or a bad one. PAQ swimmers and parents are expected to show respect for officials, coaches, teammates, and members of other teams at all times.

## **Parents**

Your responsibility at a swim meet is to provide support for your swimmer through your interest and involvement.

**BE SURE THAT YOUR SWIMMER IS ON TIME FOR WARM-UP.** Warm-up involves low-intensity swimming prior to a race or practice to get muscles loose and warm. It gradually increases the swimmer's heart rate and respiration. It is very important that your swimmer be properly warmed up at a meet.

Swim meets are a lot more fun if you get actively involved. Cheer on the swimmers and volunteer to help. Generally, spectators are not allowed on the deck immediately surrounding the pool, so the best view at the meet is in a timer's chair! No experience is necessary to time. If you don't understand what's going on, ask questions of the coaches or other swim parents. Please, however, do not approach the officials on deck with questions or concerns. Their attention must be on the swimmers and they can only address concerns brought through official channels by the coaches.

Swim meets require a lot of manpower to run efficiently. An efficiently run meet is necessary to provide swimmers with a fair competition and a positive learning experience. The local USA SWIMMING organization and the host team arranges for meet officials and staffs the snack bar and hospitality. Each team is required to contribute by providing meet timers: 1 timer for each 5 swimmers entered in the meet. Each family will be asked to participate by signing up to work 2 to 3 meets per year. Families who cannot fulfill their work assignments are responsible for arranging for substitute timers.

**YOUR MOST IMPORTANT JOB AS A SWIM PARENT:  
CHEER FOR YOUR SWIMMER AND TEAMMATES.**

Time standards are a set of guidelines that are used for meet qualifying and meet entry purposes. They are derived from the previous years' meet results and are broken down by age, gender, and divisions or levels.

There are two sets of time standards used in Hawaii age group swimming. One is the Hawaiian time standards set by HAWAIIAN SWIMMING, the Hawaii LSC (Local Swimming Committee), which is responsible for administering USA SWIMMING activities in Hawaii. The other set is the National Age Group time standards set by the national USA SWIMMING governing organization. The time standards for this year are attached and are also posted on the website for Hawaii swimming ([www.hawaiiswim.org](http://www.hawaiiswim.org)).

**Hawaiian time standards:** For most Hawaii swim meets, the time standards established by Hawaii's LSC are used. Hawaii times are designated:

Hawaii C	Hawaii B	Hawaii A	Hawaii AA	Q (State Champs Qualifying Time)	Z (Western Zone Champs Qualifying Time)
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**Types of Meets:** Each swim meet is designated for a certain level of swimming. This designation tells you whether your child is eligible to swim in that meet. All meet designations refer to Hawaii time standards unless otherwise specified. Meet designations in Hawaii are:

Non-classified Meets: no age or level restrictions  
Hawaii ABC Meet: Hi. A, B, or C level swimmers  
Hawaii AA+ Meet: Hi. AA times or faster  
Distance Meet: age 11+; specified time standards

Invitational Meets: generally Hawaii AA times or faster  
State Age Group Championships: "Q" times or faster  
Western Zone Championship: "Z" time or faster

**Applying time standards to an Individual Swimmer:** To determine what category or level your swimmer's time falls into, gather the following and find a quiet, comfortable area: the attached time standards list, a list of your swimmer's "best times" to date, a strong magnifying glass, aspirin (for the headache that's sure to follow), and a pillow (to muffle your screams).

First of all, find the appropriate section (boy or girl) and the correct age group. Pick a stroke and distance (i.e. 50 yard breaststroke or 100 yard freestyle). The times listed in each column are the *slowest* time to qualify for that category. A swimmer's level for any specific event is determined by his "best time" swum to date. For example, if your 10 year-old girl's "best time" in a 50 yard freestyle is 36.45, the slowest qualifying time for a Hawaii AA time is 38.32, and she has a Hawaii AA time. She will need to swim a 34.77 to move to the next "Q" level.

Most swimmers will have times in two or more levels. Thus, an average swimmer may be able to swim some events at a Hawaii ABC meet and others at a Hawaii AA+ or Invitational. If your child's times for the 50 butterfly and the 100 freestyle are Hawaii B times or slower, he may swim those events at an ABC meet or a Non-classified meet. If his times for the 100 IM and the 50 freestyle are Hawaii AA times, he may swim those events at an Hawaii AA+ meet or at an Invitational meet. He may, at the same time, have a "Q" time in the 50 breaststroke and be eligible to enter that event at the State Championships.

To ensure fair competition USA SWIMMING requires that swimmers swim each event at the appropriate level. Swims "out of classification" will be voided and will result in sizable monetary fines to the club.

All swimmers should keep track of their best times. This list of best times will tell you which meets you can expect your swimmer to be entered in.

Actually, it is not as complicated as it sounds. After just a few meets, even the youngest swimmers seem to understand the levels and what they are working toward. If you think your swimmer is not being entered in all the meets he/she is qualified to enter, don't hesitate to talk to the coaches. **IF YOU HAVE QUESTIONS, ASK!**

# 2005/06 Hawaiian Time Standards - Short Course Yards - August 01, 2005

HI-C+	HI-B	HI-A	FEMALE					8 & U	MALE					HI-A	HI-B	HI-C+
0:25.03	0:25.02	0:22.71						25 Free						0:22.51	0:24.79	0:24.80
0:50.06	0:50.05	0:45.42						50 Free						0:45.01	0:49.58	0:49.59
0:29.83	0:29.82	0:27.09						25 Back						0:27.29	0:30.05	0:30.06
0:59.65	0:59.64	0:54.17						50 Back						0:54.59	1:00.10	1:00.11
0:33.22	0:33.21	0:30.15						25 Breast						0:30.64	0:33.75	0:33.76
1:06.44	1:06.43	1:00.31						50 Breast						1:01.27	1:07.50	1:07.51
0:27.89	0:27.88	0:25.31						25 Fly						0:25.11	0:27.65	0:27.66
0:55.76	0:55.75	0:50.63						50 Fly						0:50.21	0:55.30	0:55.31
HI-C+	HI-B	HI-A	HI-AA	QUAL	ZONE	NRT	10 & U	NRT	ZONE	QUAL	HI-AA	HI-A	HI-B	HI-C+		
0:45.43	0:45.42	0:41.87	0:38.32	0:34.77	0:29.39	0:27.49	50 Free	0:27.29	0:29.09	0:34.46	0:37.97	0:41.49	0:45.01	0:45.02		
		1:30.78	1:23.09	1:15.41	1:03.69	0:59.79	100 Free	0:59.69	1:03.99	1:15.83	1:23.56	1:31.29				
		3:21.60	3:04.56	2:47.52	2:21.49	2:10.29	200 Free	2:09.59	2:19.69	2:45.39	3:02.22	3:19.04				
0:54.18	0:54.17	0:49.96	0:45.75	0:41.55	0:35.09	0:31.69	50 Back	0:31.59	0:35.39	0:41.87	0:46.11	0:50.35	0:54.60	0:54.61		
		1:47.72	1:38.65	1:29.59	1:15.79	1:07.99	100 Back	1:08.19	1:15.39	1:29.16	1:38.19	1:47.21				
1:00.33	1:00.32	0:55.60	0:50.89	0:46.18	0:38.99	0:35.29	50 Breast	0:35.99	0:39.69	0:46.93	0:51.71	0:56.49	1:01.27	1:01.28		
		2:01.42	1:51.15	1:40.88	1:25.19	1:16.39	100 Breast	1:18.59	1:26.29	1:42.16	1:52.55	2:02.95				
0:50.64	0:50.63	0:46.68	0:42.74	0:38.80	0:32.79	0:30.19	50 Fly	0:29.99	0:32.49	0:38.48	0:42.39	0:46.30	0:50.21	0:50.22		
		1:49.07	1:39.88	1:30.68	1:16.69	1:07.69	100 Fly	1:07.09	1:15.99	1:29.83	1:38.94	1:48.05				
		1:47.25	1:38.19	1:29.14		1:08.49	100 IM	1:08.99		1:29.25	1:38.31	1:47.37				
		3:46.22	3:27.12	3:08.03	2:38.89	2:26.69	200 IM	2:27.59	2:38.99	3:08.14	3:27.24	3:46.34				
HI-C+	HI-B	HI-A	HI-AA	QUAL	ZONE	NRT	11/12	NRT	ZONE	QUAL	HI-AA	HI-A	HI-B	HI-C+		
0:38.53	0:38.52	0:35.51	0:32.48	0:29.46	0:25.79	0:25.19	50 Free	0:24.29	0:25.99	0:30.84	0:34.00	0:37.15	0:40.32	0:40.33		
		1:18.41	1:11.75	1:05.10	0:56.89	0:54.49	100 Free	0:52.79	0:56.49	1:06.90	1:13.74	1:20.57				
		2:50.63	2:36.17	2:21.71	2:03.99	1:57.69	200 Free	1:54.69	2:03.19	2:25.94	2:40.82	2:55.70				
		7:32.88	6:54.23	6:15.57	5:32.39	5:13.09	500 Free	5:07.69	5:31.69	6:28.19	7:08.11	7:48.02				
0:45.79	0:45.78	0:42.21	0:38.65	0:35.09	0:30.69	0:28.79	50 Back	0:27.99	0:30.99	0:36.66	0:40.38	0:44.10	0:47.82	0:47.83		
		1:30.85	1:23.19	1:15.52	1:06.09	1:01.19	100 Back	0:59.69	1:06.59	1:18.74	1:26.73	1:34.71				
0:50.63	0:50.62	0:46.66	0:42.70	0:38.73	0:33.79	0:31.89	50 Breast	0:31.19	0:33.59	0:39.80	0:43.87	0:47.94	0:52.02	0:52.03		
		1:41.71	1:33.08	1:24.46	1:13.89	1:08.89	100 Breast	1:07.29	1:14.19	1:27.91	1:36.88	1:45.85				
0:42.89	0:42.88	0:39.53	0:36.19	0:32.84	0:28.69	0:27.49	50 Fly	0:26.49	0:28.69	0:33.91	0:37.36	0:40.82	0:44.27	0:44.28		
		1:28.45	1:20.97	1:13.51	1:04.29	1:00.39	100 Fly	0:58.79	1:04.09	1:15.80	1:23.51	1:31.21				
		1:29.85	1:22.25	1:14.64		1:02.19	100 IM	1:00.59		1:17.34	1:25.21	1:33.09				
		3:13.18	2:56.85	2:40.51	2:20.39	2:13.09	200 IM	2:10.49	2:20.09	2:45.81	3:02.68	3:19.55				
HI-A	HI-AA	QUAL	ZONE	SCTN	NRT	SRNT	13/14	SRNT	NRT	SCTN	ZONE	QUAL	HI-AA	HI-A		
0:33.75	0:30.88	0:28.01	0:25.39	0:25.29	0:24.19	0:23.29	50 Free	0:20.49	0:22.39	0:22.49	0:23.89	0:26.82	0:29.57	0:32.32		
1:13.11	1:06.90	1:00.68	0:55.09	0:54.69	0:52.29	0:50.59	100 Free	0:44.89	0:48.69	0:49.09	0:51.79	0:58.08	1:04.03	1:09.98		
2:37.88	2:24.49	2:11.09	1:58.99	1:57.39	1:52.49	1:49.09	200 Free	1:38.89	1:45.69	1:47.69	1:52.99	2:06.87	2:19.84	2:32.82		
6:57.60	6:21.89	5:46.17	5:18.29	5:12.19	4:58.09	4:49.49	500 Free	4:27.19	4:44.49	4:51.69	5:06.49	5:39.22	6:14.24	6:49.26		
14:33.23	13:18.63	12:04.03	11:04.89	10:52.09	10:14.99	10:01.09	1000 Free	9:20.99	9:49.79	10:14.69	10:38.19	11:47.13	13:00.05	14:12.95		
24:24.82	22:20.37	20:15.91	18:35.89	18:23.99	17:07.69	16:46.89	1650 Free	15:34.99	16:24.59	17:26.09	17:46.89	19:42.88	21:44.03	23:45.18		
1:24.77	1:17.61	1:10.46	1:03.99	1:01.49	0:57.59	0:56.09	100 Back	0:49.99	0:54.39	0:56.09	1:00.29	1:07.72	1:14.60	1:21.48		
3:00.84	2:45.59	2:30.34	2:16.49	2:12.09	2:04.89	2:00.99	200 Back	1:48.79	1:57.59	2:01.79	2:09.79	2:25.65	2:40.43	2:55.21		
1:34.39	1:26.38	1:18.36	1:11.09	1:09.69	1:05.79	1:03.59	100 Breast	0:56.29	1:01.19	1:02.19	1:06.89	1:15.18	1:22.87	1:30.57		
3:23.66	3:06.39	2:49.12	2:33.39	2:31.09	2:21.39	2:17.49	200 Breast	2:02.59	2:12.99	2:18.49	2:25.89	2:43.78	3:00.52	3:17.26		
1:21.85	1:14.93	1:08.00	1:01.69	1:00.29	0:57.39	0:55.39	100 Fly	0:49.19	0:53.29	0:54.09	0:57.69	1:04.72	1:11.32	1:17.91		
3:02.98	2:47.52	2:32.06	2:18.09	2:14.29	2:06.59	2:01.49	200 Fly	1:49.69	1:57.99	2:01.79	2:10.09	2:26.09	2:40.96	2:55.82		
3:00.36	2:45.09	2:29.82	2:15.89	2:12.59	2:06.89	2:02.89	200 IM	1:50.49	1:59.09	2:00.69	2:07.79	2:23.51	2:38.15	2:52.79		
6:23.68	5:51.23	5:18.77	4:49.29	4:42.79	4:27.99	4:21.39	400 IM	3:56.59	4:13.69	4:18.89	4:33.79	5:07.32	5:38.63	6:09.94		
HI-A	HI-AA	QUAL	ZONE	SCTN	NRT	SRNT	15/16	SRNT	NRT	SCTN	ZONE	QUAL	HI-AA	HI-A		
0:33.24	0:30.41	0:27.58	0:25.49	0:25.29	0:23.69	0:23.29	50 Free	0:20.49	0:21.29	0:22.49	0:22.99	0:24.86	0:27.42	0:29.97		
1:12.57	1:06.40	1:00.24	0:55.69	0:54.69	0:51.29	0:50.59	100 Free	0:44.89	0:46.59	0:49.09	0:50.39	0:54.49	1:00.09	1:05.68		
2:36.36	2:23.09	2:09.82	1:59.99	1:57.39	1:50.19	1:49.09	200 Free	1:38.89	1:41.29	1:47.69	1:50.39	1:59.41	2:11.64	2:23.87		
6:55.43	6:19.90	5:44.37	5:22.59	5:12.19	4:52.19	4:49.49	500 Free	4:27.19	4:32.79	4:51.69	5:00.19	5:19.81	5:52.88	6:25.97		
14:16.66	13:03.44	11:50.22	11:04.69	10:52.09	10:01.59	10:01.09	1000 Free	9:20.99	9:24.89	10:14.69	10:27.79	11:09.62	12:18.77	13:27.93		
24:09.39	22:06.22	20:03.05	18:44.79	18:23.99	16:49.99	16:46.89	1650 Free	15:34.99	15:46.99	17:26.09	17:49.79	19:02.72	20:59.86	22:56.99		
1:23.32	1:16.29	1:09.26	1:03.99	1:01.49	0:56.89	0:56.09	100 Back	0:49.99	0:51.59	0:56.09	0:58.89	1:03.71	1:10.19	1:16.67		
2:59.38	2:44.25	2:29.13	2:17.99	2:12.09	2:02.29	2:00.99	200 Back	1:48.79	1:51.39	2:01.79	2:08.19	2:18.52	2:32.59	2:46.66		
1:31.01	1:23.27	1:15.54	1:09.89	1:09.69	1:04.19	1:03.59	100 Breast	0:56.29	0:58.59	1:02.19	1:06.69	1:12.23	1:19.64	1:27.04		
3:22.81	3:05.61	2:48.41	2:35.69	2:31.09	2:18.19	2:17.49	200 Breast	2:02.59	2:07.09	2:18.49	2:24.09	2:35.95	2:51.91	3:07.87		
1:20.69	1:13.86	1:07.03	1:01.99	1:00.29	0:55.99	0:55.39	100 Fly	0:49.19	0:50.99	0:54.09	0:55.99	1:00.61	1:06.80	1:12.98		
3:01.82	2:46.46	2:31.10	2:19.79	2:14.29	2:02.79	2:01.49	200 Fly	1:49.69	1:52.99	2:01.79	2:07.69	2:17.77	2:31.80	2:45.83		
2:59.13	2:43.96	2:28.79	2:17.59	2:12.59	2:04.59	2:02.89	200 IM	1:50.49	1:53.89	2:00.69	2:05.69	2:15.95	2:29.83	2:43.72		
6:17.89	5:45.91	5:13.94	4:50.29	4:42.79	4:22.89	4:21.39	400 IM	3:56.59	4:02.59	4:18.89	4:29.89	4:51.95	5:21.73	5:51.51		
HI-A	HI-AA	QUAL	ZONE	SCTN	NRT	SRNT	17/18	SRNT	NRT	SCTN	ZONE	QUAL	HI-AA	HI-A		
0:33.35	0:31.00	0:28.65	0:26.49	0:25.29	0:23.69	0:23.29	50 Free	0:20.49	0:20.89	0:22.49	0:23.29	0:25.15	0:27.22	0:29.29		
1:12.81	1:07.69	1:02.57	0:57.89	0:54.69	0:51.09	0:50.59	100 Free	0:44.89	0:45.59	0:49.09	0:51.19	0:55.47	1:00.02	1:04.57		
2:39.97	2:28.74	2:17.51	2:07.09	1:57.39	1:49.59	1:49.09	200 Free	1:38.89	1:39.29	1:47.69	1:53.69	2:03.01	2:13.08	2:23.15		
6:59.41	6:29.73	6:00.05	5:36.79	5:12.19	4:51.19	4:49.49	500 Free	4:27.19	4:28.59	4:51.69	5:09.29	5:29.68	5:56.93	6:24.18		
14:49.65	13:46.78	12:43.91	11:53.39	10:52.09	10:02.99	10:01.09	1000 Free	9:20.99	9:20.99	10:14.69	10:55.79	11:40.47	12:38.27	13:36.06		
24:44.56	23:00.20	21:15.84	19:51.29	18:23.99	16:43.99	16:46.89	1650 Free	15:34.99	15:37.19	17:26.09	18:27.59	19:44.16	21:21.18	22:58.21		
1:26.15	1:20.14	1:14.12	1:08.49	1:01.49	0:56.29	0:56.09	100 Back	0:49.99	0:50.49	0:56.09	1:01.69	1:06.63	1:12.04	1:17.46		
3:06.20	2:53.21	2:40.22	2:28.19	2:12.09	2:00.99	2:00.99	200 Back	1:48.79	1:49.19	2:01.79	2:14.19	2:25.04	2:36.82	2:48.59		
1:36.83	1:30.03	1:23.23	1:16.89	1:09.69	1:03.99	1:03.59	100 Breast	0:56.29	0:56.89	1:02.19	1:08.49	1:14.18	1:20.26	1:26.33		
3:31.17	3:16.36	3:01.54</														

**2005/06 Hawaiian Time Standards - Short Course Meters - August 01, 2005**

HI-C+	HI-B	HI-A	FEMALE				8 & U	MALE				HI-A	HI-B	HI-C+
0:27.78	0:27.77	0:25.21					25 Free					0:24.99	0:27.52	0:27.53
0:55.57	0:55.56	0:50.42					50 Free					0:49.96	0:55.03	0:55.04
0:33.11	0:33.10	0:30.07					25 Back					0:30.29	0:33.36	0:33.37
1:06.21	1:06.20	1:00.13					50 Back					1:00.59	1:06.71	1:06.72
0:36.87	0:36.86	0:33.47					25 Breast					0:34.01	0:37.46	0:37.47
1:13.75	1:13.74	1:06.94					50 Breast					1:08.01	1:14.93	1:14.94
0:30.96	0:30.95	0:28.09					25 Fly					0:27.87	0:30.69	0:30.70
1:01.89	1:01.88	0:56.20					50 Fly					0:55.73	1:01.38	1:01.39
HI-C+	HI-B	HI-A	HI-AA	QUAL	ZONE		10 & U	ZONE	QUAL	HI-AA	HI-A	HI-B	HI-C+	
0:50.43	0:50.42	0:46.48	0:42.54	0:38.59	0:32.59		50 Free	0:32.29	0:38.25	0:42.15	0:46.05	0:49.96	0:49.97	
		1:40.77	1:32.23	1:23.71	1:10.69		100 Free	1:11.09	1:24.17	1:32.75	1:41.33			
		3:43.78	3:24.86	3:05.95	2:37.09		200 Free	2:35.09	3:03.58	3:22.26	3:40.93			
1:00.14	1:00.13	0:55.46	0:50.78	0:46.12	0:38.99		50 Back	0:39.29	0:46.48	0:51.18	0:55.89	1:00.61	1:00.62	
		1:59.57	1:49.50	1:39.44	1:24.09		100 Back	1:23.69	1:38.97	1:48.99	1:59.00			
1:06.97	1:06.96	1:01.72	0:56.49	0:51.26	0:43.29		50 Breast	0:43.99	0:52.09	0:57.40	1:02.70	1:08.01	1:08.02	
		2:14.78	2:03.38	1:51.98	1:34.59		100 Breast	1:35.79	1:53.40	2:04.93	2:16.47			
0:56.21	0:56.20	0:51.81	0:47.44	0:43.07	0:36.39		50 Fly	0:36.09	0:42.71	0:47.05	0:51.39	0:55.73	0:55.74	
		2:01.07	1:50.87	1:40.65	1:25.09		100 Fly	1:24.29	1:39.71	1:49.82	1:59.94			
		1:59.05	1:48.99	1:38.95			100 IM		1:39.07	1:49.12	1:59.18			
		4:11.10	3:49.90	3:28.71	2:56.39		200 IM	2:56.49	3:28.84	3:50.04	4:11.24			
HI-C+	HI-B	HI-A	HI-AA	QUAL	ZONE		11/12	ZONE	QUAL	HI-AA	HI-A	HI-B	HI-C+	
0:42.77	0:42.76	0:39.42	0:36.05	0:32.70	0:28.59		50 Free	0:28.89	0:34.23	0:37.74	0:41.24	0:44.76	0:44.77	
		1:27.04	1:19.64	1:12.26	1:03.19		100 Free	1:02.69	1:14.26	1:21.85	1:29.43			
		3:09.40	2:53.35	2:37.30	2:17.59		200 Free	2:16.79	2:41.99	2:58.51	3:15.03			
		6:39.47	6:05.65	5:31.82	4:50.29		400 Free	4:49.59	5:42.87	6:17.80	6:52.72			
0:50.83	0:50.82	0:46.85	0:42.90	0:38.95	0:34.09		50 Back	0:34.39	0:40.69	0:44.82	0:48.95	0:53.08	0:53.09	
		1:40.84	1:32.34	1:23.83	1:13.39		100 Back	1:13.89	1:27.40	1:36.27	1:45.13			
0:56.20	0:56.19	0:51.79	0:47.40	0:42.99	0:37.59		50 Breast	0:37.29	0:44.18	0:48.70	0:53.21	0:57.74	0:57.75	
		1:52.90	1:43.32	1:33.75	1:21.99		100 Breast	1:22.39	1:37.58	1:47.54	1:57.49			
0:47.61	0:47.60	0:43.88	0:40.17	0:36.45	0:31.89		50 Fly	0:31.79	0:37.64	0:41.47	0:45.31	0:49.14	0:49.15	
		1:38.18	1:29.88	1:21.60	1:11.39		100 Fly	1:11.09	1:24.14	1:32.70	1:41.24			
		1:39.73	1:31.30	1:22.85			100 IM		1:25.85	1:34.58	1:43.33			
		3:34.43	3:16.30	2:58.17	2:35.89		200 IM	2:35.49	3:04.05	3:22.77	3:41.50			
HI-A	HI-AA	QUAL	ZONE	SRCTN	SRNT		13/14	SRNT	SRCTN	ZONE	QUAL	HI-AA	HI-A	
0:37.46	0:34.28	0:31.09	0:28.19	0:28.09	0:25.99		50 Free	0:22.69	0:24.99	0:26.49	0:29.77	0:32.82	0:35.88	
1:21.15	1:14.26	1:07.35	1:01.09	1:00.79	0:55.69		100 Free	0:49.59	0:54.49	0:57.39	1:04.47	1:11.07	1:17.68	
2:55.25	2:40.38	2:25.51	2:11.99	2:10.39	2:00.19		200 Free	1:49.49	1:59.59	2:05.39	2:20.83	2:35.22	2:49.63	
6:08.60	5:37.35	5:06.10	4:37.69	4:32.29	4:09.99		400 Free	3:51.29	4:13.99	4:27.19	5:00.02	5:30.66	6:01.30	
12:50.48	11:45.20	10:39.93	9:40.59	9:29.19	8:43.39		800 Free	8:10.89	8:55.89	9:16.79	10:25.14	11:28.94	12:32.73	
24:38.41	22:33.21	20:28.01	18:34.19	18:22.09	16:35.19		1500 Free	15:17.79	17:23.09	17:44.19	19:54.78	21:56.65	23:58.53	
1:34.09	1:26.15	1:18.21	1:10.99	1:07.99	1:01.59		100 Back	0:55.69	1:02.29	1:06.99	1:15.17	1:22.81	1:30.44	
3:20.73	3:03.80	2:46.88	2:31.49	2:26.69	2:14.09		200 Back	2:00.89	2:15.19	2:24.09	2:41.67	2:58.08	3:14.48	
1:44.77	1:35.88	1:26.98	1:18.89	1:17.39	1:10.99		100 Breast	1:02.59	1:09.09	1:14.29	1:23.45	1:31.99	1:40.53	
3:46.06	3:26.89	3:07.72	2:50.29	2:47.79	2:33.79		200 Breast	2:17.49	2:33.79	2:41.89	3:01.80	3:20.38	3:38.96	
1:30.85	1:23.17	1:15.48	1:08.49	1:06.99	1:00.89		100 Fly	0:53.89	1:00.09	1:03.99	1:11.84	1:19.17	1:26.48	
3:23.11	3:05.95	2:48.79	2:33.19	2:29.09	2:13.49		200 Fly	2:00.09	2:15.19	2:24.49	2:42.16	2:58.67	3:15.16	
3:20.20	3:03.25	2:46.30	2:30.89	2:27.19	2:15.59		200 IM	2:02.09	2:13.99	2:21.89	2:39.30	2:55.55	3:11.80	
7:05.88	6:29.87	5:53.83	5:21.09	5:13.99	4:48.29		400 IM	4:21.99	4:47.39	5:03.89	5:41.13	6:15.88	6:50.63	
HI-A	HI-AA	QUAL	ZONE	SRCTN	SRNT		15/16	SRNT	SRCTN	ZONE	QUAL	HI-AA	HI-A	
0:36.90	0:33.76	0:30.61	0:28.29	0:28.09	0:25.99		50 Free	0:22.69	0:24.99	0:25.49	0:27.59	0:30.44	0:33.27	
1:20.55	1:13.70	1:06.87	1:01.79	1:00.79	0:55.69		100 Free	0:49.59	0:54.49	0:55.89	1:00.48	1:06.70	1:12.90	
2:53.56	2:38.83	2:24.10	2:13.19	2:10.39	2:00.19		200 Free	1:49.49	1:59.59	2:02.49	2:12.55	2:26.12	2:39.70	
6:06.70	5:35.61	5:04.52	4:41.49	4:32.29	4:09.99		400 Free	3:51.29	4:13.99	4:21.59	4:43.03	5:11.97	5:40.92	
12:35.98	11:31.91	10:27.84	9:40.39	9:29.19	8:43.39		800 Free	8:10.89	8:55.89	9:07.49	9:52.32	10:52.82	11:53.34	
24:22.89	22:18.98	20:15.07	18:43.29	18:22.09	16:35.19		1500 Free	15:17.79	17:23.09	17:47.09	19:14.38	21:12.22	23:10.05	
1:32.49	1:24.68	1:16.88	1:11.09	1:07.99	1:01.59		100 Back	0:55.69	1:02.29	1:05.39	1:10.72	1:17.91	1:25.10	
3:19.11	3:02.32	2:45.53	2:33.09	2:26.69	2:14.09		200 Back	2:00.89	2:15.19	2:22.19	2:33.76	2:49.37	3:04.99	
1:41.02	1:32.43	1:23.85	1:17.49	1:17.39	1:10.99		100 Breast	1:02.59	1:09.09	1:14.09	1:20.18	1:28.40	1:36.61	
3:45.12	3:26.03	3:06.94	2:52.79	2:47.79	2:33.79		200 Breast	2:17.49	2:33.79	2:39.99	2:53.10	3:10.82	3:28.54	
1:29.57	1:21.98	1:14.40	1:08.79	1:06.99	1:00.89		100 Fly	0:53.89	1:00.09	1:02.19	1:07.28	1:14.15	1:21.01	
3:21.82	3:04.77	2:47.72	2:35.09	2:29.09	2:13.49		200 Fly	2:00.09	2:15.19	2:21.39	2:32.92	2:48.50	3:04.07	
3:18.83	3:02.00	2:45.16	2:32.69	2:27.19	2:15.59		200 IM	2:02.09	2:13.99	2:19.49	2:30.90	2:46.31	3:01.73	
6:59.46	6:23.96	5:48.47	5:22.19	5:13.99	4:48.29		400 IM	4:21.99	4:47.39	4:59.59	5:24.06	5:57.12	6:30.18	
HI-A	HI-AA	QUAL	ZONE	SRCTN	SRNT		17/18	SRNT	SRCTN	ZONE	QUAL	HI-AA	HI-A	
0:37.02	0:34.41	0:31.80	0:29.39	0:28.09	0:25.99		50 Free	0:22.69	0:24.99	0:25.79	0:27.92	0:30.21	0:32.51	
1:20.82	1:15.14	1:09.45	1:04.19	1:00.79	0:55.69		100 Free	0:49.59	0:54.49	0:56.89	1:01.57	1:06.62	1:11.67	
2:57.57	2:45.10	2:32.64	2:21.09	2:10.39	2:00.19		200 Free	1:49.49	1:59.59	2:06.19	2:16.54	2:27.72	2:38.90	
6:10.18	5:44.21	5:18.24	4:54.19	4:32.29	4:09.99		400 Free	3:51.29	4:13.99	4:29.59	4:51.67	5:15.51	5:39.36	
13:04.84	12:09.83	11:14.82	10:23.89	9:29.19	8:43.39		800 Free	8:10.89	8:55.89	9:32.49	10:19.31	11:09.89	12:00.45	
24:58.27	23:13.28	21:28.30	19:51.09	18:22.09	16:35.19		1500 Free	15:17.79	17:23.09	18:25.69	19:56.06	21:33.67	23:11.28	
1:35.63	1:28.96	1:22.27	1:16.09	1:07.99	1:01.59		100 Back	0:55.69	1:02.29	1:08.39	1:13.96	1:19.96	1:25.98	
3:26.68	3:12.26	2:57.84	2:44.49	2:26.69	2:14.09		200 Back	2:00.89	2:15.19	2:28.89	2:40.99	2:54.07	3:07.13	
1:47.48	1:39.93	1:32.39	1:25.39	1:17.39	1:10.99		100 Breast	1:02.59						



# 2005/06 Hawaiian Time Standards - Long Course Meters - August 01, 2005

HI-C+	HI-B	HI-A	FEMALE					8 & U 50 Free 50 Back 50 Breast 50 Fly	MALE					HI-A	HI-B	HI-C+
0:56.37	0:56.36	0:51.22												0:50.76	0:55.83	0:55.84
1:06.81	1:06.80	1:00.73												1:01.19	1:07.31	1:07.32
1:14.75	1:14.74	1:07.94												1:09.01	1:15.93	1:15.94
1:02.59	1:02.58	0:56.90												0:56.43	1:02.08	1:02.09
HI-C+	HI-B	HI-A	HI-AA	QUAL	ZONE	NRT	10 & U 50 Free 100 Free 200 Free 50 Back 100 Back 50 Breast 100 Breast 50 Fly 100 Fly 200 IM	NRT	ZONE	QUAL	HI-AA	HI-A	HI-B	HI-C+		
0:51.23	0:51.22	0:47.28	0:43.34	0:39.39	0:33.39	0:31.09	50 Free	0:30.99	0:33.09	0:39.05	0:42.95	0:46.85	0:50.76	0:50.77		
		1:42.37	1:33.83	1:25.31	1:12.29	1:08.19	100 Free	1:07.99	1:12.69	1:25.77	1:34.35	1:42.93				
		3:46.98	3:28.06	3:09.15	2:40.29	2:27.69	200 Free	2:27.29	2:38.29	3:06.78	3:25.46	3:44.13				
1:00.74	1:00.73	0:56.06	0:51.38	0:46.72	0:39.59	0:36.19	50 Back	0:36.39	0:39.89	0:47.08	0:51.78	0:56.49	1:01.21	1:01.22		
		2:00.77	1:50.70	1:40.64	1:25.29	1:18.19	100 Back	1:18.59	1:24.89	1:40.17	1:50.19	2:00.20				
1:07.97	1:07.96	1:02.72	0:57.49	0:52.26	0:44.29	0:40.09	50 Breast	0:40.79	0:44.99	0:53.09	0:58.40	1:03.70	1:09.01	1:09.02		
		2:16.78	2:05.38	1:53.98	1:36.59	1:27.89	100 Breast	1:29.69	1:37.79	1:55.40	2:06.93	2:18.47				
0:56.91	0:56.90	0:52.51	0:48.14	0:43.77	0:37.09	0:33.99	50 Fly	0:33.99	0:36.79	0:43.41	0:47.75	0:52.09	0:56.43	0:56.44		
		2:02.47	1:52.27	1:42.05	1:26.49	1:16.59	100 Fly	1:16.39	1:25.69	1:41.11	1:51.22	2:01.34				
		4:14.30	3:53.10	3:31.91	2:59.59	2:47.29	200 IM	2:47.29	2:59.69	3:32.04	3:53.24	4:14.44				
HI-C+	HI-B	HI-A	HI-AA	QUAL	ZONE	NRT	11/12 50 Free 100 Free 200 Free 400 Free 50 Back 100 Back 50 Breast 100 Breast 50 Fly 100 Fly 200 IM	NRT	ZONE	QUAL	HI-AA	HI-A	HI-B	HI-C+		
0:43.57	0:43.56	0:40.22	0:36.85	0:33.50	0:29.39	0:28.49	50 Free	0:27.69	0:29.69	0:35.03	0:38.54	0:42.04	0:45.56	0:45.57		
		1:28.64	1:21.24	1:13.86	1:04.79	1:01.99	100 Free	1:00.29	1:04.29	1:15.86	1:23.45	1:31.03				
		3:12.60	2:56.55	2:40.50	2:20.79	2:13.79	200 Free	2:12.29	2:19.99	2:45.19	3:01.71	3:18.23				
		6:45.87	6:12.05	5:38.22	4:56.69	4:41.49	400 Free	4:36.79	4:55.99	5:49.27	6:24.20	6:59.12				
0:51.43	0:51.42	0:47.45	0:43.50	0:39.55	0:34.69	0:32.99	50 Back	0:32.19	0:34.99	0:41.29	0:45.42	0:49.55	0:53.68	0:53.69		
		1:42.04	1:33.54	1:25.03	1:14.59	1:10.79	100 Back	1:08.99	1:15.09	1:28.60	1:37.47	1:46.33				
0:57.20	0:57.19	0:52.79	0:48.40	0:43.99	0:38.59	0:36.19	50 Breast	0:35.59	0:38.29	0:45.18	0:49.70	0:54.21	0:58.74	0:58.75		
		1:54.90	1:45.32	1:35.75	1:23.99	1:18.99	100 Breast	1:18.09	1:24.39	1:39.58	1:49.54	1:59.49				
0:48.31	0:48.30	0:44.58	0:40.87	0:37.15	0:32.59	0:30.79	50 Fly	0:29.99	0:32.49	0:38.34	0:42.17	0:46.01	0:49.84	0:49.85		
		1:39.58	1:31.28	1:23.00	1:12.79	1:08.49	100 Fly	1:07.19	1:12.49	1:25.54	1:34.10	1:42.64				
		3:37.63	3:19.50	3:01.37	2:39.09	2:31.79	200 IM	2:29.79	2:38.69	3:07.25	3:25.97	3:44.70				
HI-A	HI-AA	QUAL	ZONE	SCTN	NRT	SRNT	13/14 50 Free 100 Free 200 Free 400 Free 800 Free 1500 Free 100 Back 200 Back 100 Breast 200 Breast 100 Fly 200 Fly 200 IM 400 IM	SRNT	NRT	SCTN	ZONE	QUAL	HI-AA	HI-A		
0:38.26	0:35.08	0:31.89	0:28.99	0:28.89	0:27.49	0:26.79	50 Free	0:23.79	0:25.69	0:25.79	0:27.29	0:30.57	0:33.62	0:36.68		
1:22.75	1:15.86	1:08.95	1:02.69	1:02.29	0:59.49	0:57.69	100 Free	0:52.19	0:55.99	0:56.59	0:58.99	1:06.07	1:12.67	1:19.28		
2:58.45	2:43.58	2:28.71	2:15.19	2:13.79	2:08.19	2:04.49	200 Free	1:54.09	2:01.59	2:02.79	2:08.59	2:24.03	2:38.42	2:52.83		
6:15.00	5:43.75	5:12.50	4:44.09	4:39.69	4:27.79	4:20.89	400 Free	4:02.99	4:17.09	4:22.79	4:33.59	5:06.42	5:37.06	6:07.70		
13:03.28	11:58.00	10:52.73	9:53.39	9:42.19	9:11.09	8:56.29	800 Free	8:24.29	8:53.19	9:12.79	9:29.59	10:37.94	11:41.74	12:45.53		
25:02.41	22:57.21	20:52.01	18:58.19	18:44.59	17:38.09	17:06.69	1500 Free	16:06.49	16:58.19	17:36.59	18:08.19	20:18.78	22:20.65	24:22.53		
1:35.29	1:27.35	1:19.41	1:12.19	1:11.49	1:07.19	1:05.39	100 Back	0:58.69	1:03.29	1:05.69	1:08.19	1:16.37	1:24.01	1:31.64		
3:23.13	3:06.20	2:49.28	2:33.89	2:32.39	2:24.19	2:19.99	200 Back	2:07.19	2:16.39	2:21.19	2:26.49	2:44.07	3:00.48	3:16.88		
1:46.77	1:37.88	1:28.98	1:20.89	1:20.29	1:15.19	1:13.29	100 Breast	1:05.59	1:11.39	1:13.19	1:16.29	1:25.45	1:33.99	1:42.53		
3:50.06	3:30.89	3:11.72	2:54.29	2:53.49	2:41.89	2:38.09	200 Breast	2:22.79	2:34.29	2:40.79	2:45.89	3:05.80	3:24.38	3:42.96		
1:32.25	1:24.57	1:16.88	1:09.89	1:08.79	1:04.99	1:03.09	100 Fly	0:56.19	1:01.69	1:02.09	1:05.39	1:13.24	1:20.57	1:27.88		
3:25.91	3:08.75	2:51.59	2:35.99	2:31.79	2:23.09	2:17.29	200 Fly	2:05.09	2:14.79	2:20.39	2:27.29	2:44.96	3:01.47	3:17.96		
3:23.40	3:06.45	2:49.50	2:34.09	2:31.09	2:25.19	2:21.49	200 IM	2:08.79	2:16.89	2:18.69	2:25.09	2:42.50	2:58.75	3:15.00		
7:12.28	6:36.27	6:00.23	5:27.49	5:20.49	5:05.49	4:57.79	400 IM	4:34.29	4:51.09	4:57.79	5:10.29	5:47.53	6:22.28	6:57.03		
HI-A	HI-AA	QUAL	ZONE	SCTN	NRT	SRNT	15/16 50 Free 100 Free 200 Free 400 Free 800 Free 1500 Free 100 Back 200 Back 100 Breast 200 Breast 100 Fly 200 Fly 200 IM 400 IM	SRNT	NRT	SCTN	ZONE	QUAL	HI-AA	HI-A		
0:37.70	0:34.56	0:31.41	0:29.09	0:28.89	0:27.09	0:26.79	50 Free	0:23.79	0:24.79	0:25.79	0:26.29	0:28.39	0:31.24	0:34.07		
1:22.15	1:15.30	1:08.47	1:03.39	1:02.29	0:58.39	0:57.69	100 Free	0:52.19	0:53.99	0:56.59	0:57.49	1:02.08	1:08.30	1:14.50		
2:56.76	2:42.03	2:27.30	2:16.39	2:13.79	2:05.69	2:04.49	200 Free	1:54.09	1:56.49	2:02.79	2:05.69	2:15.75	2:29.32	2:42.90		
6:13.10	5:42.01	5:10.92	4:47.89	4:39.69	4:22.39	4:20.89	400 Free	4:02.99	4:06.69	4:22.79	4:27.99	4:49.43	5:18.37	5:47.32		
12:48.78	11:44.71	10:40.64	9:53.19	9:42.19	8:58.59	8:56.29	800 Free	8:24.29	8:30.69	9:12.79	9:20.29	10:05.12	11:05.62	12:06.14		
24:46.89	22:42.98	20:39.07	19:07.29	18:44.59	17:13.99	17:06.69	1500 Free	16:06.49	16:19.99	17:36.59	18:11.09	19:38.38	21:36.22	23:34.05		
1:33.69	1:25.88	1:18.08	1:12.29	1:11.49	1:05.69	1:05.39	100 Back	0:58.69	1:00.09	1:05.69	1:06.59	1:11.92	1:19.11	1:26.30		
3:21.51	3:04.72	2:47.93	2:35.49	2:32.39	2:20.49	2:19.99	200 Back	2:07.19	2:09.89	2:21.19	2:24.59	2:36.16	2:51.77	3:07.39		
1:43.02	1:34.43	1:25.85	1:19.49	1:20.29	1:13.99	1:13.29	100 Breast	1:05.59	1:08.39	1:13.19	1:16.09	1:22.18	1:30.40	1:38.61		
3:49.12	3:30.03	3:10.94	2:56.79	2:53.49	2:39.19	2:38.09	200 Breast	2:22.79	2:27.69	2:40.79	2:43.99	2:57.10	3:14.82	3:32.54		
1:30.97	1:23.38	1:15.80	1:10.19	1:08.79	1:03.69	1:03.09	100 Fly	0:56.19	1:02.99	1:02.09	1:03.59	1:08.68	1:15.55	1:22.41		
3:24.62	3:07.57	2:50.52	2:37.89	2:31.79	2:19.39	2:17.29	200 Fly	2:05.09	2:08.99	2:20.39	2:24.19	2:35.72	2:51.30	3:06.87		
3:22.03	3:05.20	2:48.36	2:35.89	2:31.09	2:22.69	2:21.49	200 IM	2:08.79	2:12.09	2:18.69	2:22.69	2:34.10	2:49.51	3:04.93		
7:05.86	6:30.36	5:54.87	5:28.59	5:20.49	5:00.29	4:57.79	400 IM	4:34.29	4:39.09	4:57.79	5:05.99	5:30.46	6:03.52	6:36.58		
HI-A	HI-AA	QUAL	ZONE	SCTN	NRT	SRNT	17/18 50 Free 100 Free 200 Free 400 Free 800 Free 1500 Free 100 Back 200 Back 100 Breast 200 Breast 100 Fly 200 Fly 200 IM 400 IM	SRNT	NRT	SCTN	ZONE	QUAL	HI-AA	HI-A		
0:37.82	0:35.21	0:32.60	0:30.19	0:28.89	0:27.09	0:26.79	50 Free	0:23.79	0:24.19	0:25.79	0:26.59	0:28.72	0:31.01	0:33.31		
1:22.42	1:16.74	1:11.05	1:05.79	1:02.29	0:58.29	0:57.69	100 Free	0:52.19	0:52.69	0:56.59	0:58.49	1:03.17	1:08.22	1:13.27		
3:00.77	2:48.30	2:35.84	2:24.29	2:13.79	2:04.99	2:04.49	200 Free	1:54.09	1:54.59	2:02.79	2:09.39	2:19.74	2:30.92	2:42.10		
6:16.58	5:50.61	5:24.64	5:00.59	4:39.69	4:21.29	4:20.89	400 Free	4:02.99	4:02.99	4:22.79	4:35.99	4:58.07	5:21.91	5:45.76		
13:17.64	12:22.63	11:27.62	10:36.69	9:42.19	8:56.69	8:56.29	800 Free	8:24.29	8:25.19	9:12.79	9:45.29	10:32.11	11:22.69	12:13.25		
25:22.27	23:37.28	21:52.30	20:15.09	18:44.59	17:09.99	17:06.69	1500 Free	16:06.49	16:07.99	17:36.59	18:49.69	20:20.06	21:57.67	23:35.28		
1:36.83	1:30.16	1:23.47	1:17.29	1:11.49	1:05.59	1:05.39	100 Back	0:58.69	0:58.99	1:05.69	1:09.59	1:15.16	1:21.16	1:27.18		
3:29.08	3:14.66	3:00.24	2:46.89	2:32.39	2:20.09	2:19.99	200 Back	2:07.19	2:07.49	2:21.19	2:31.29	2:43.39	2:56.47	3:09.53		
1:49.48	1:41.93	1:34.39	1:27.39	1:20.29	1:13.89	1:13.29	100 Breast	1:05.59	1:06.09	1:13.19	1:18.09	1:24.34	1:31.09	1:37.83		
3:58.40	3:41.96	3:25.51	3:10.29	2:53.49	2:38.99	2:38.09	200 Breast	2:22.79	2:23.49	2:40.79	2:52.79	3:06.62	3:21.55	3:36.48		
1:33.82	1:27.35	1:20.88	1:14.89	1:08.79	1:02.99	1:03.09	100 Fly	0:56.19	0:56.69	1:02.09	1:05.19	1:10.41	1:16.04	1:21.68		
3:36.72	3:21.78	3:06.83	2:52.99	2:31.79	2:17.89	2:17.29	20									

## 2005 – 2006 Meet Schedule

**Note:** This schedule is incomplete because meet schedules have not yet been finalized. This schedule is also subject to change. Watch for meet notices and e-mails for updates, corrections, additions and changes. The website for Hawaii swimming ([www.hawaiiswim.org](http://www.hawaiiswim.org)) has the most current information.

<u>Date</u>	<u>Type of Meet</u>	<u>Level</u>	<u>Location</u>
<b>September</b>	10	Classified	Manoa Pool
	16	Senior Meet	TBD
	23-25	Aulea Invitational	Kailua Pool
<b>October</b>	1	Classified Meet	TBD
	7	Senior Meet	TBD
	29-30	Bill Smith Invitational	Kamehameha Pool
<b>November</b>	12	Classified Meet	Kailua Pool
	18	Senior Meet	TBD
	25-27	Pearl City Invitational	Central Oahu Regional Park
<b>December</b>	3-4	Last Chance Meet	Central Oahu Regional Park
	16-19	Short Course Age Group Championship	Kihei, Maui
<b>January</b>	14	Classified Meet	Manoa Pool
<b>February</b>	18	Classified Meet	Central Oahu Regional Park
<b>March</b>	4-5	Sparky Kawamoto ABC Meet	Hilo, Hawaii
	11	Classified Meet	Kailua Pool
	9-12	Speedo Blue Sectional Championship	Phoenix, Arizona
	17-19	Northwest Age Group Championships	Northwest Section – Western Zone Q Time
	17-18	Senior Short-Course Championships	11 & over TBD

<b>April</b>	8	Classified	All levels, all ages	Kaneohe Pool
	14	Senior Meet	11 & over	TBD
	21-23	Manoa Invitational	Hawaii AA & faster	Manoa Pool
<b>May</b>	5	Senior Meet	11 and over	TBD
	6	Classified Meet	All levels, all ages	Central Oahu Regional Park
	20-21	Last Chance Meet	Hawaii AA & faster	Central Oahu Regional Park
	26-28	Sakamoto Invitational	Hawaii AA & faster	Wailuku, Maui
<b>June</b>	9-12	Age Group Long Course Championship	Q & faster	TBD
	17	Classified Meet	All levels, all ages	Iolani Pool
	30-2	Keo Nakama Invitational	Hawaii AA & faster	Central Oahu Regional Park
<b>July</b>	15	Classified Meet	All levels, all ages	Punahou Pool
	18-22	Speedo Blue Sectional Championship	Sectional & faster	Federal Way, Washington
	29-30	Koolau Invitational	Hawaii AA & faster	Kaneohe Pool
<b>August</b>	1-5	ConocoPhillips National Championships	National & faster	Irvine, California
	8-12	Speedo Junior Nationals	Jr. National & faster	Irvine, California
	8-12	Western Zone Championship	Z & faster	Fresno, California
	19	Classified	All levels, all ages	Punahou Pool
	19-20	Mokihana Fun Meet	Hawaii A, B, C only	Lihue, Kauai

**AULEA:** (see Kailua Pool)

**BARBERS POINT KONA BREEZE POOL:** From H1, take Exit 2 (Makakilo, Kapolei, Kalaeloa). Turn left at the end of the off-ramp. Continue on Fort Barrette Road past Kapolei Shopping Center and Kapolei Regional Park (on right) and Kapolei High School (on left). Pass guardhouse and turn right onto Roosevelt Avenue. Turn left on Lexington (when you reach the naval housing). Turn right on Yorktown and left on Franklin. Pool is on the left. (Note: Sorry, we were unable to double check road names near the pool prior to printing handbook.)

**CENTRAL OAHU REGIONAL PARK (CORP):** 94-801 Kamehameha Highway, Waipahu (across from Waipio by Gentry). From East Oahu: Take H-1 west (towards Waianae). Take H-2 North (towards Wahiawa). Take Exit 2 (1<sup>st</sup> off-ramp on right, Ka Uka Blvd., Waipio). Turn left onto Ka Uka Blvd. Stay on Ka Uka Blvd. and cross Kam Hwy into CORP. From West Oahu: Take H-1 east (towards Diamond Head). Take H-2 North (towards Wahiawa – off-ramp is on left side of freeway). Take Exit 2 (1<sup>st</sup> off-ramp on right, Ka Uka Blvd., Waipio). Turn left onto Ka Uka Blvd. Stay on Ka Uka Blvd. and cross Kam Hwy into CORP.

**IOLANI SCHOOL POOL:** 563 Kamoku Street. Take H1 to Kapiolani Boulevard exit (King Street exit if traveling east on H1, take King Street Diamond Head (east) to Kapiolani). Proceed makai (west) on Kapiolani. Iolani is near corner of Kapiolani and Kamoku, but left turns are not allowed from Kapiolani. Go one block further to University, turn left, turn left again on Hihiwai, and left again on Kamoku. Pool is on the right.

**KAILUA DISTRICT PARK POOL:** 21 So. Kainalu Drive. Take Pali Highway through the tunnel. Pali Highway becomes Kailua Road and then Kuulei Road. Continue straight through Kailua town. Turn right on Kainalu Drive just past the fire station. The recreation center is immediately on your right.

**KAMEHAMEHA SCHOOL POOL:** Kapalama Heights. Take Likelike Highway mauka past Kamehameha Shopping Center. Take the first exit (Kalihi Street). At the end of the off ramp, turn right at Makuahine and left on Makuakane. Proceed past the guard house up the hill. At the first intersection, turn left. Continue up the hill. The pool is on the left just past the pedestrian overpass.

**KANEOHE DISTRICT PARK POOL:** 45-660 Keaahala Road. From Honolulu, take Likelike Highway through the tunnel. Turn left at Kahakili Highway. Proceed 2 blocks. Turn left on Keaahala Road (look for Hawaii State Hospital sign). The pool is on the left.

**MANOA VALLEY DISTRICT PARK POOL:** 2721 Kaaipu Avenue. From H1 take University exit mauka. University Avenue becomes Oahu Avenue. At the 5 way stop, turn right on Manoa Road. OR from Punahou, go mauka on Punahou Street. Stay to the left when the road forks. At the 5 way intersection, continue straight ahead, staying on Manoa Road. The pool will be on the right, immediately before Manoa School.

**PALOLO VALLEY DISTRICT PARK POOL:** From Waialae Avenue (in Kaimuki) turn mauka on to Palolo Valley Road. Proceed into the valley. The pool is on the right immediately past Jarett Intermediate School.

**PEARL CITY DISTRICT PARK POOL:** 785 Hoomaemae Street. Take H1 ewa to the Pearl City exit. Turn right on Moanalua Road, right on Hoolaulea, and left on Hoomaemae. The pool is on the left.

**PEARL HARBOR RICHARDSON POOL:** From H1 follow the signs to the Arizona Memorial. Turn into the Memorial parking area. Immediately turn right. You will pass the Bowfin Submarine Museum on the left. The pool will be further down on the right.

**UNIVERSITY OF HAWAII POOL:** From H1 take the University exit, turn right at the corner of University Avenue and Dole. Take the first right and follow the road into the "quarry". A parking fee is charged to park in the University parking structure. Pay close attention to the guards' instructions and obey posted rules. A citation may be issued to illegally parked cars.

**\*REFEREE:** The referee has overall authority and control of the competition, ensuring that all rules are followed. He assigns and instructs all officials. He decides all questions relating to the conduct of the meet.

**\*STARTER:** This person starts all races. He assumes control of the swimmers from the Referee, directs them to "take your mark," and sees that no swimmer is in motion prior to giving the start signal.

**\*STROKE JUDGES:** Stroke judges observe from both sides of the pool, walking abreast of the swimmer, to ensure that the rules relating to each stroke are being followed.

**\*TURN JUDGES:** Turn judges observe from each end of the pool and ensure that the turns and finishes comply with the rules applicable to each stroke.

**TIMERS:** Three timers generally work each lane of the pool. If stopwatches are being used, they start their watches with the Starter's gun or beeper flash and stop them just as any part of the swimmer touches the finish end of the pool. If automatic timer buttons and/or touch pads are being used, the timers must depress the button when any part of the swimmer touches the finish end of the pool. Timers must pay close attention to the start and finish of each race. A timer on each lane acts as the Head Lane Timer. As the Head Timer, he records the time(s) from each stopwatch on the laneslip. A runner or the Head Meet Timer comes by to collect the lane slips after each race.

**\*CLERK OF THE COURSE:** The clerk of the course arranges the swimmers in their proper heats and lanes. The clerk of the course also distributes lane slips to each lane or event cards to each swimmer indicating his heat and lane assignment prior to the beginning of each event.

**\*DESK:** The desk personnel receive the lane slips or cards from the runner, organize them, verify the times, determine placement of swimmers, keep a running score of the meet, and label awards. Part or all of these tasks are often done by computer and by automatic timing devices; in this case, the desk personnel operate the computer and timing equipment.

**POOL SETUP AND CLEANUP:** The setup and cleanup crew arrives early, sets up blocks, flags, timing equipment, and other furniture and equipment as needed. After the meet, the crew then puts all equipment away and returns the pool to its pre-meet condition.

**MEET SNACK BAR AND HOSPITALITY:** The snack bar crew purchases, prepares, sets up, sells, and cleans up food and beverages for meets held at the home pool. The hospitality crew purchases, prepares, and serves snacks, beverages, and meals as needed to all meet officials during the course of the meet.

**TRAVEL MEET CHAPERONE:** Team chaperones accompany and supervise swimmers during meets held on outer islands or on the mainland. The chaperone accompanies the team on the flights to and from the meet, rooms with a group of swimmers, supervises swimmers during the meet and free times, drives swimmers to and from the meet and meals in a rented van, helps organize and pickup meals, and helps organize free time activities. Chaperones must meet the requirements for van rental.

\*These jobs require USA SWIMMING training and certification. HAWAIIAN SWIMMING, the Hawaii LSC (Local Swim Committee) of USA Swimming, periodically holds training sessions. These will be announced.

The opportunity to travel off-island with the swim team is an important aspect of the swimming experience. PAQ views travel meets as a privilege and a responsibility because a swimmer's behavior reflects on the team 24 hours a day during such trips. Thus, PAQ has established the following policies for the safety of the swimmers and the peace of mind of the parents, coaches, and chaperones. All swimmers who participate in off-island meets and their parents will be required to sign a *Travel Contract* and *Medical Release*.

### **GENERAL GUIDELINES FOR OFF-ISLAND TEAM TRAVEL**

- As a general rule, there must be a minimum of twelve (12) swimmers participating in an off-island meet for PAQ to travel as a team.
- A chaperone will be provided for every six (6) swimmers traveling and staying with the team. Swimmers traveling and staying with the team will share the cost of air, hotel and ground transportation for all chaperones. Swimmers not traveling with the team will also be assessed a smaller amount for chaperone expenses because the chaperones are responsible for all swimmers during the meet hours, including those swimmers not staying with the team.
- All swimmers 12 and under will have a chaperone assigned to room with them.
- Whenever possible, coaches will not serve as chaperones since their meet responsibilities need to have their complete attention.
- Based on past experience, the travel coordinator is able to estimate the total cost of a team trip per swimmer. This estimate will be provided on the *Meet Notice/Trip Reservation* form. A breakdown of the expected costs will be available upon request. A 50% deposit will be required to reserve a place for anyone traveling with the team and the full cost of the trip will be due two weeks before the departure date. A smaller deposit will be required for swimmers not traveling with the team to cover the participant's share of chaperone expense. If the deposit or full payment are not received by the designated deadlines, the participant's place may be forfeited to someone on the waiting list.
- Whenever a swimmer is traveling with the team, (s)he falls under the responsibility and authority of the chaperones and coaches at all times. During meet hours, all PAQ swimmers, whether they are traveling and staying with the team or not, fall under the responsibility and authority of the coaches and chaperones. Parents attending the meet but not chaperoning must defer to the authority of the chaperones and coaches and the needs of the team. Swimmers not staying with the team must check out with a coach at the end of each meet day before leaving the meet site.
- Swimmers who travel with the team must stay with the team for the duration of the meet unless arrangements for a swimmer to join the team late or leave the trip early were made with the team travel coordinator well in advance of the trip. A swimmer who stays with the team for only a portion of the trip may be responsible for accommodation and ground transportation costs for the entire trip unless the space is occupied by a replacement. A swimmer who must leave the group

early may do so only with the permission of the Head Coach or head chaperone and only into the custody of a parent or guardian as indicated on the signed medical release form. A swimmer who joins the team late must make his or her own ground transportation arrangements to join the team upon arrival at the off-island site (the team travel coordinator may be able to help with these arrangements).

➤ It is the responsibility of all swimmers not traveling with the team to keep informed of all meet and team information and activities related to the meet and to make arrangements to be present at all team meetings pertaining to and during the trip. These meetings are mandatory.

➤ Each swimmer must abide by all rules set forth in the *PAQ Participation Contract and Honor Code* and *Travel Contract* with special attention to the following:

- Whenever a swimmer represents PAQ at a swim meet, he or she is expected to behave in an exemplary manner. The reputation of PAQ and its members is dependent upon each member's behavior.
- The consumption or possession of alcohol, smoking or chewing tobacco, or use of illegal drugs or substances of any kind will not be allowed at any swim team functions, including practices, swim meets, team-sponsored social events, and at any other function at which PUNAHOU AQUATICS is represented as a team. In addition, any team member found or suspected to be in the presence of others (regardless of team affiliation) partaking in any of the above activities will be subject to the same punishments and probable expulsion from PAQ.
- The coaching staff may take disciplinary action at any swim team functions, including practices, swim meets, team-sponsored social events, and at any other function at which PUNAHOU AQUATICS is represented as a team. Any disciplinary incident will be reviewed by the PAQ Executive Council (comprised of the President, Vice President(s), Treasurer, Secretary, Punahou School Representative and Head Coach). During a trip, a major infraction of any rule may result in a swimmer being sent home immediately at the expense of the swimmer's parent(s).
- The club has an obligation to act as guests while on the grounds of the host pool and at all times during the trip. This applies to both swimmers and parents. Every member of the club needs to do everything possible to respect the privilege of team membership. Any damage to property will be the financial responsibility of the swimmer's parent(s).